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Tuesday, January 24, 2017 metro.us | t: MetroBOS | f: MetroBoston

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WORRIED?

A member of Physicians for Social Responsibility gives Metro his take on what the Donald Trump presidency means to those working to prevent nuclear war. 4

ISTOCK

TRUMP PULLS US OUT OF PACIFIC TRADE DEAL

1 President Donald Trump formally withdrew the United States from the Trans-Pacific Partnership trade deal, distancing America from its Asian allies as China's influence in the region rises. Fulfilling a campaign pledge to end American involvement in the 2015 pact, Trump signed an executive order in the Oval Office pulling the United States from the 12-nation TPP. "Great thing for the American worker," Trump said as

he signed the order on his third full day in office. The Republican says the trade deal would have damaged U.S. manufacturing. The accord, backed heavily by U.S. business, was negotiated by former President Barack Obama's administration but never approved by Congress. REUTERS

FOX NEEDS PATRIOTS TO DRIVE RATINGS

2 Fox will have to rely on the popularity of the New England Patriots as they face the less-celebrated Atlanta Falcons if it wants to draw a record U.S. television crowd for the Super Bowl. The 21st Century Fox unit is set to broadcast the 51st edition of the National Football League's title game on Feb. 5 in what is traditionally the most-watched TV show of the year with

viewership of more than 100 million. Big Super Bowl ratings are particularly important this year as the NFL is coming off a season in which it saw its average TV audience drop by 8 percent. The league was hoping the playoffs would continue its post-U.S. election turnaround but the post-season has been filled with one-sided matchups, with an average margin of victory of 15.7 points. REUTERS

IRAQI FORCES RECAPTURE EASTERN MOSUL

3 Iraqi officials said on Monday government forces had taken complete control of eastern Mosul, 100 days after the start of their U.S.-backed campaign to dislodge Islamic State militants from the city. The deputy parliament speaker announced the capture of the east of the city, Islamic State's last major stronghold in Iraq, after a meeting with Prime Minister Haider al-Abadi.

"We completed the total liberation of the left bank of Mosul and this is a gift to the Iraqi people," said Sheikh Humam Hamoudi in a statement. REUTERS

TRUMP MEETS WITH UNION LEADERS

5 President Donald Trump holds a meeting with union leaders in the Roosevelt Room of the White House on Monday. GETTY IMAGES

SAMSUNG SAYS BATTERIES CAUSED NOTE 7 FIRES

4 Samsung Electronics Co. Ltd. indicated on Monday that its latest flagship Galaxy S smartphone could be delayed as it pledged to enhance product safety following an investigation into the cause of fires in its premium Note 7 devices. Wrapping up its months-long probe, the world's top smartphone maker said faulty batteries from two suppliers were to blame for a

product failure that wiped $5.3 billion off its operating profit. Samsung mobile chief Koh Dong-jin said procedures had been put in place to avoid a repeat of the fires as the South Korean firm prepares to launch the Galaxy S8, its first premium handset since the Note 7's demise. REUTERS

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ALEXIS SACHDEV, WEB PRODUCER

Day 4 in President Donald Trump's America, and he still hasn't released tax returns spanning several decades. Thousands have signed petitions to pressure the president into disclosing his financial information, and activists are planning protests for Tax Day. Still, Trump's top aide, Kellyanne Conway, said they can't release anything until the IRS wraps up an audit.

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Is Trump moving us closer to nuclear war?

Metro asked a leading opponent of nuclear weapons proliferation what the nation might expect of its new president.

GARY KANE
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Dr. Philip Lederer is a member of the Physicians for Social Responsibility, an affiliate of the International Physicians for the Prevention of Nuclear War, which was awarded the Nobel Prize for Peace in 1985. Lederer is an infectious diseases physician in Boston, Massachusetts. Metro interviewed Dr. Lederer to get his take on how a Donald Trump presidency might impact the nuclear weapons climate.

What did you make of President Donald Trump's tweet last month that the U.S. "must greatly strengthen and expand its nuclear capability"?

The U.S. currently has over 5,000 nuclear warheads, over 1,000 of which are on hair-trigger alert and can be launched in minutes. Just 100 of these weapons, detonated over cities anywhere in the world, would disrupt global climate enough to cause a worldwide famine that would put two billion people at risk of starvation. This is extremely concerning.

Trump also declared during a Republican town hall in April that the proliferation of nuclear weapons is "going to happen anyway." Is proliferation inevitable?

Nuclear proliferation will happen if the U.S. and the other nuclear weapons states continue to insist that they need to have nuclear weapons for their security. If the U.S. and Russia need them, why don't other countries?

But it is not inevitable if the nuclear weapons states meet their obligations under the Non-Proliferation Treaty to negotiate the elimination of their own arsenals and work together, as they did in the case of Iran, to dissuade potential proliferators.

The choice is ours. We can have a world free of nuclear weapons or a world awash in nuclear weapons. To the medical community, it is clear which would be safer.

Contact information
Information about the International Physicians for the Prevention of Nuclear War is available at ippnw.org/
Information about Physicians for Social Responsibility is available at psr.org/

A deactivated Titan II nuclear ICMB seen in a silo at the Titan Missile Museum. GETTY IMAGES

Do you feel the unusual mutual respect between Trump and Russian President Vladimir Putin could eventually lead to a reduction in nuclear arms by both nations?

I do hope that a U.S./Russian nuclear deal might result from this relation, and Trump and Putin have an amazing opportunity to finish what Reagan and Gorbachev started. But it is hard to imagine either the U.S. or Russia wanting to give up the weapons that make them the toughest kid on the block without a lot of pressure.

Do you think the American public would support the use of tactical nuclear weapons by the Trump administration against a terrorist organization such as ISIS?

I certainly hope they would not. We cross the red line banning the use of nuclear weapons at enormous peril. Even a limited use of tactical weapons would destroy the global consensus that has helped to prevent their use since Nagasaki.

What is the 2017 agenda of International Physicians for the Prevention of Nuclear War?

IPPNW will work with our national affiliates like Physicians for Social Responsibility here in the U.S. and with the International Campaign to Abolish Nuclear Weapons to support the negotiations at the UN for a new treaty to ban nuclear weapons. These negotiations are the most hopeful step toward the prevention of nuclear war since the end of the Cold War, and a rare ray of light at this dark time.

Read more of the Dr. Philip Lederer interview at metro.us

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John Legend responds to racist paparazzo

John Legend has spoken out about the paparazzo that compared him to a monkey.

Last Thursday, the "Love Me Now" singer and wife Chrissy Teigen touched down at JFK Airport, and were verbally harassed by a bonehead paparazzo. Teigen immediately took to Twitter to recount the experience, writing, "Paparazzi at JFK just asked me 'if we evolved from monkeys, why is John Legend still around?' ... Also, John is right next to me. The balls."

Appearing at Sundance on behalf of "Underground," which he executive produced, Legend got real about the experience with Variety.

"Black folks have had to deal with being called monkeys for a long time, and dehumanization has always been kind of a method of racism and subjugation of black people and that's just part of American history — and it's part of the present, apparently." He continued, "I'm not hurt by someone saying that to me because I'm smarter, I'm stronger."

Let's get a couple of things straight: Calling black people monkeys, or even associating their appearance with apes is racist AF, period. It's literally never acceptable. Second of all, John Legend is super, super fine and extremely, very talented. If you want something to shout at him, call him "sweet cheeks" or "very beautiful" or "a sight to behold." Maybe shout out, "Hey! I really loved your debut studio album 'Get Lifted!'" You know, something positive and nice and not racist and awful. Just a suggestion.

the word

RACHAEL CLEMMONS

Stacey Dash is fired from Fox News

Stacey Dash — who won our hearts a mere 22 years ago as Dionne in "Clueless," and then stomped on our hearts by being one of those people that say crazy, unhinged things for attention — has officially been fired from Fox News. Karma's a b—, ain't it?

Dash has made herself into quite the controversy-ridden conservative pundit, but she hasn't been seen on air since last September. She debuted on Fox News in May 2014, and in her brief time with the network she both made an expletive filled rant about Barack Obama and made disparaging, transphobic remarks about Caitlyn Jenner. What a cool lady!

Let's be honest. Dash mostly just revels in the attention she gets from making ignorant statements on Twitter. Taking away her biggest platform is probably the only good thing Fox News has ever done.

One more quick thing, though: As of Monday, Jan. 23, her profile still lists her as a Fox News contributor, so it looks like she's not in denial at all and is taking the news really well.

Liam Payne's close call at a Hollywood nightclub

Liam, my sweet baby, are you OK? Shots were fired outside of the illustrious Peppermint Club in West Hollywood, and the one-time One Direction member was inside, and if anything were to happen to that precious child, I swear to Dumbledore. TMZ reports that an unidentified man attempted to get in with a fake ID, and when he was denied he made his way to the parking lot where he fired several shots into the air. Police found multiple shell casings on the ground after he fled the scene. Nobody was hurt, and Liam reportedly left about 30 minutes after the incident. Thank goodness the ex-boy-bander is safe: he's expecting his first child with girlfriend Cheryl Cole this year.

Billy Crudup can fake-learn new skills

In "20th Century Women," Billy Crudup plays the token adult dude. He's William, a 40-something mechanic and handyman who's moved into a house in 1979 Santa Barbara. His landlord is Dorothea (Annette Bening), a lefty matriarch with a house of diverse tenants (also including Greta Gerwig, Elle Fanning and Lucas Jade Zurmann. The movie follows them as they cope with with times that are about to change. The self-effacing Crudup talks to us about playing a guy who's good around the house — and how that didn't change his life.

I remember you saying you can't play guitar even after playing guitarists in "Almost Famous" and "Rudderless." Can you still not fix a car after "20th Century Women"?

I have to say that one of the great virtues — and also drawbacks — of acting is you get the opportunity to learn how to fake new skills. People are always under the impression you actually learned a new skill. That's not true at all. I don't know how to do any of the s— I've ever done on camera. But I do know how to fake doing stuff really well. So I can fake-fix your car, and fake-fix your wall, and fake-make you a pot. I couldn't tell you the first or second step in how to do any of it. With a car, I open the — what do you call that thing? — the hood, then you tinker around in there, and then they yell "cut."

So, tell me how one excels at fake-learning new skills.

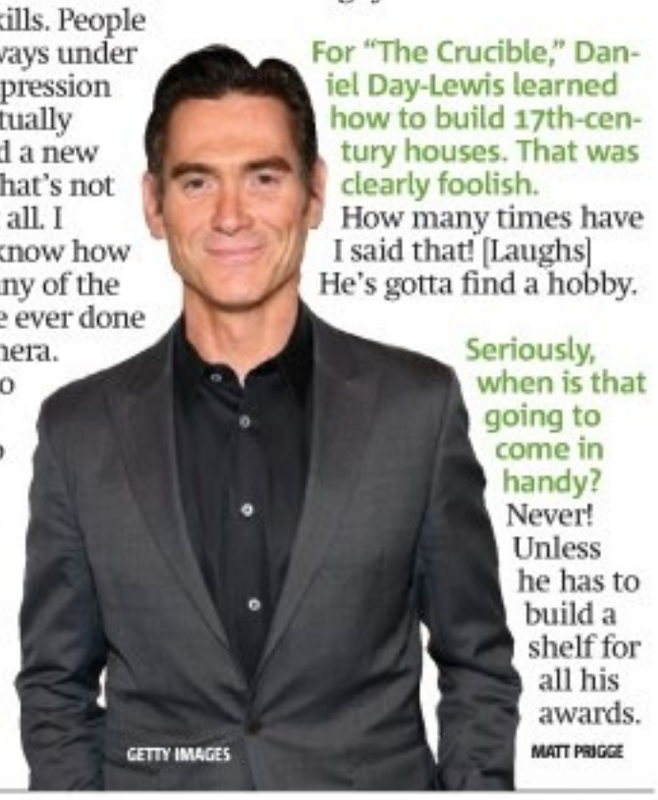
You talk to the guy, who says, for example, "You put this wire with this wire." You don't actually have to understand why you're doing it. You do the action, you pretend you know what you're talking about, and then you're done! It's pretty much the trick for every part of acting, whether it's feelings or engine wiring.

Obviously, not every actor feels the same way.

I know some actors — professionals — who do learn how to do this s—. I'm more of a fake-it kind of guy.

For "The Crucible," Daniel Day-Lewis learned how to build 17th-century houses. That was clearly foolish.

How many times have I said that! [Laughs] He's gotta find a hobby.



Seriously, when is that going to come in handy?

Never! Unless he has to build a shelf for all his awards.

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Daniel Clayman, MassArt students present 'Rainfield'

Ten thousand raindrops created to form a single moment.

HEATHER ALTERISIO
@HeathAlt
heather.alterisio@metro.us

Ten thousand handmade glass raindrops suspend from the atrium of the new Design and Media center on Huntington Avenue. While umbrellas are not required, an open mind is.

"This isn't supposed to be literal rain, but it's about the poetics of rain," artist Daniel Clayman explains.

Over the course of the fall 2016 semester, Clayman, a New England-based sculptor and visiting professor at Massachusetts College of Art and Design, led a class of 18 students — ranging from sophomores to seniors — in the creation of the large-scale installation. They named it "Rainfield."

The project was the center of an interdisciplinary course entitled "Structured Light," which spanned lessons involving engineering, legal matters and contracting.

"We had students of architecture, glass, sculpture, ceramics, art ed., industrial design — so, everybody brought something to it," Clayman says. The semester concluded with students proposing and designing their own large-scale project for the Prudential Center.

He adds, "I get as much out of this whole teaching thing as the students do. It really pushes me to kind of reconsider things."

The idea for the installation came to Clayman in April, while walking through a rainstorm in Providence, Rhode Island, where he resides.

Regarding the installation itself, he notes, "You get a lot of rainbow refraction, especially later in the afternoon, and you get rows of pinpoints and it all changes depending on where you're standing." The result is interactive, unique.

As other artists do, Clayman embraces challenges and imperfections. "See, how the lines aren't perfectly straight? They kind of ripple. I hadn't anticipated that," he says during a walk-through of the exhibit-in-progress. "I thought that screen was going to be perfect, and it's not. We started being able to make it almost perfect — but actually, I love how it ripples. It turns a little, but it still builds the architecture."

Alex Draper, a senior studying glass and one of the site managers for the project, admits, "I don't think we initially realized how long it would take to make every glass piece."

"Every drop is handmade, every single one. We just drip every raindrop off of the steel rod," Clayman says.

Since Jan. 3, students have been working to install the sculpture 12 hours a day, six days a week. As far as challenges go, Draper admits she did not realize "the sheer magnitude" of the project, and each little part that went into it. Powers Hommel, a junior also studying glass, joked about "getting used to the scissor lift." In the end, the students learned a variety of skills — both inside and outside their actual major.

The sculpture is a first for the new building, and could remain installed for between six months to two years. The public is welcome to view the project, which was completed on Jan. 23.

If you go

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A rendering of the "Rainfield" installation, on display now at MassArt. PROVIDED

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Erin Robertson, MassArt alumna and Boston-based designer, walked away with the top prize on this season's "Project Runway." LIFETIME

Erin Robertson's Boston

The "Project Runway" winner shares her favorite local spots.

CARLY OLSON
@CarlyOlson28
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Fashion designer Erin Robertson hasn't forgotten her Boston roots. After winning the 15th season of Lifetime's "Project Runway," the MassArt alumna is back in the Hub working on new projects and returning to her favorite stops around town. She caught up with us to divulge her favorite destinations to shop and get pampered around Boston.

For a great hair dye job

Patty Martin at Shag Salon

Robertson's signature shade is maintained with a trip to Shag every five to six weeks.

"Patti takes care of my blond bleach job. She has such a fun energy — I'll follow her wherever," she says. Robertson notes that she splurges on her dye, but pinches pennies when it comes to her haircut itself. "I get my hair cut at Supercuts," she admits. "I kind of like that juxtaposition."
840 Summer St., third floor, South Boston, 617-268-2500, shagboston.com

For vintage designer duds

Castanet on Newbury

"Project Runway" contestants have to be all sorts of resourceful, and this skill is second nature for Robertson. She highlights Castanet as one of her must-visit spots to grab unique designer pieces. "I got these Stella McCartney red Plexiglas high heels there," she says.
175 Newbury St., 617-536-1919, shopcastanet.com

For natural beauty

Follain

As an environmentally conscious fashion maven, it's natural that Robertson cites "healthy beauty" boutique Follain as one of her favorite spots around town. "I want to transition to natural beauty supplies without nasty chemicals," she explains. Robertson has used her work to bring attention to the amount of waste we generate in the form of single-use plastics. For a beauty treat without the excess wrapping, Robertson recommends Follain's soaps on tap.

"You can purchase reusable bottles of different scents and mix them."
53 Dartmouth St., 857-284-7078, shopfollain.com

For top-notch nails

Soleil Tan & Spa in Central Square

Robertson credits Soleil for keeping her nail beds pristine. Her go-to shade? Glitter. "I have my natural nails and do an acrylic overlay every two to three weeks. I'm kind of neurotic about my hands since I'm looking down at them all day," she remarks. But don't they get in the way of her work at the sewing machine? Robertson quickly proves us wrong: "They're actually tools. I find that having long nails can be used as tweezers."
21 Prospect St., Cambridge, 617-491-8100, thesoleiltanandspa.com

For decorative knickknacks

Boomerangs

Robertson explains that unique trinkets and baubles can add a personal feel to any living space. Though Boomerangs carries clothes and furniture, Robertson gravitates toward the little things. "Honestly I like the vintage stuff and weird little objects," she says. Robertson tells us that walking in with an open mind is key: "It's an adventure to go in and just see what they have."
1407 Washington St., 617-456-0996, shopboomerangs.org

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ALL PHOTOS ISTOCK

How to power through the day without hitting the snack machine.

KATE MOONEY
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Getting through each workday is challenging, to say the least. There are pressing deadlines, personality conflicts, difficult clients. Then there's your own fluctuating level of enthusiasm and energy, dependent upon anything from your personal life to how much sleep you got. Another influencer: what you're eating throughout the day.

Rebecca Scritchfield, a Washington, D.C.-based nutritionist and author of "Body Kindness," believes that the food choices we make are key to our health and happiness.

"When it comes to work and productivity, food is going to be the fuel that lasts us through a long workday, basically until we get home and can have dinner. Being able to choose quality food matters," she says.

We asked Scritchfield for advice on what to eat to better sustain us throughout the day, from a mid-morning snack to a late afternoon pick-me-up, plus how to avoid unwanted stress eating and sugar crashes courtesy of the vending machine.

Mid-morning snack

For when the morning's caffeine buzz is wearing off and lunch is still at least an hour away, try a snack of banana with peanut butter, or a serving of yogurt — and make it full-fat, "which increases your satiety, your body's signal to stop eating," she explains.

Instead of a greasy bag of chips, try pistachios, which are full of fiber, protein, healthy fat and can serve as stress relievers by virtue of the way you consume them. "You have to crack each one open, which gives you something to do with your hands, and slows down your eating," she says.

Late afternoon pick-me-up

Around 4 p.m., it's common for energy and focus to drop. If you're feeling distracted or peckish, these snacks can help you power through.

Try crunchy, hydrating veggies — baby carrots, grape tomatoes, mini cucumbers — dipped in hummus, a great source of protein and healthy fat. "Think of it as dinner one. You want something savory and chances are you didn't get enough veggies yet in your day," says Scritchfield.

Alongside the veggies, enjoy the hummus with a (small) portion of pita chips or pretzels for the salty, carbohydrate fix you might be craving.

Scritchfield stresses B vitamins as essential to harnessing energy, explaining that they're often the pump-up ingredients in junky, sugar-filled energy drinks. Instead of a Red Bull, have a snack of vitamin B- and protein-rich jerky.

For another lean protein boost, Scritchfield loves tuna packed in olive oil, in the jar or can. She recommends filling avocado halves with tuna and enjoying with a spoon. (It could also serve as a last-minute mini-lunch). Bonus: Tuna is a great source of omega-3 fatty acids, which benefit your heart, skin and bone health.

If your sweet tooth is kicking in

Instead of a Snickers, opt for trail mix with nuts, dried fruit and dark chocolate. Scritchfield suggests making your own in bulk, then portioning out into small baggies for the week.

Eating for anxiety

There are foods that play a role in our body's production of serotonin, the "feel good" neurotransmitter that's essential to our sense of calm and well-being. Because bacteria in our gut synthesize the majority of our body's serotonin, Scritchfield says it's vital to eat foods that help grow and nourish a healthy gut microbiome.

To do so, you need a mix of prebiotics (that contain fibers that feed the gut bacteria) and probiotics (that contain live bacteria).

An easy prebiotic: kiwi, also a good source of vitamin C. Slice one open and eat at your desk with a spoon.

Fermented foods, like kimchi and miso, are good sources of probiotics. Another is kefir, a fermented drinkable yogurt that you can sip while you work. Probiotics are also important to eat if you're on antibiotics, as they can help replenish the good bacteria the antibiotics kill as a side effect.

These choices won't necessarily reduce your stress in the moment — "It's not like, you're feeling anxious, so have some yogurt," Scritchfield says — but in the long term, adding them to your regular diet will help you maintain a healthy level of serotonin in your body.

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Food label buzzwords you need to know

Because calorie-free isn't actually free of calories.

Sharon Feiereisen
@metroboston
letters@metro.us

Just because a box of cookies is labeled with the word "skinny" or "healthy" doesn't mean it's automatically waist-friendly. It's imperative to not only check nutrition labels, but to also decipher what buzzwords actually mean. We asked nutritionist Maria A. Bella to help us break it down.

WHEN "FREE" DOESN'T MEAN FREE

Antibiotic-free and hormone-free: While these words are defined by the USDA, the USDA doesn't actually regulate them. Only trust it if you see third-party verification with USDA Organic, Certified Naturally Grown, Animal Welfare Approved or Certified Humane.

Calorie-free: Fewer than 5 calories per serving (meaning these foods are not calorie-free!)

Sugar-free and fat-free: Less than 0.5 grams per serving (again, they are not free)

HOW "LOW" CAN YOU GO?

Low-fat: 3 grams or less per serving

Low-saturated fat: 1 gram or less per serving

Low-sodium: 140 mg or less per serving

Very low-sodium: 35 mg or less per serving

Low-cholesterol: 20 mg or less and 2 grams or less of unsaturated fat per serving

Low-calorie: 40 calories or less per serving

Reduced: Nutritionally altered product contains at least 25 percent less of a nutrient or calories than the regular version of the product.

AND HOW "HIGH"?

Good source: Contains between 10-to-19 percent of the daily value of the certain nutrient

High: Must contain 20 percent or more of the daily value for a particular nutrient in a serving.

The buzziest of them all

Natural: One of the most over-used words, know that when you see it on a packaged product it means basically nothing — the FDA has not developed a definition for use of the term beyond that the food must be free of added color, artifical flavors or synthetic substances.

Healthy: Must be low in fat and saturated fat and contain limited amounts of cholesterol and sodium. However, note that the food can still be high in calories and sugar.

APPROVED
DECEMBER 31, 2016
INTEGREVIEW

Do you have atopic dermatitis?

A research study is being conducted by Metro Boston Clinical Partners in Brighton to evaluate an investigational medication.

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WE WILL NEVER SEE A RUN LIKE THIS IN SPORTS AGAIN

MATT BURKE

OPINION

Matt Burke is the National Sports Editor and a columnist at Metro US.

Follow him on Twitter @burke_metro

Bill Belichick and Tom Brady are headed to their seventh Super Bowl game as members of the Patriots. GETTY IMAGES

We're still 12 days away from Super Bowl LI between the Patriots and Falcons, so now is as good a time as any for us to take a moment and pinch ourselves.

Our Patriots are now not only the greatest football dynasty of all-time, but this run now stacks up against the greatest dynasties in pro sports history.

In reaching a seventh Super Bowl game, Tom Brady has now been to his sport's final round more times than Michael Jordan reached the NBA final round. Yes, Jordan went a perfect 6-0 in the NBA Finals, but it is unquestionably harder to have sustained greatness in football than it is in basketball. The NBA is littered with teams, typically led by one superstar, with windows of dominance. Back-to-back titles are the norm in that sport. Also, Jordan's "championship window" lasted just eight or nine years. Brady's Patriots are now in the 16th year of their window.

In football, we haven't had a back-to-back champion since Brady and the Pats accomplished the feat in 2003-04, and there has never been a team to win three straight Super Bowls. In the NBA, there's been five times that a team has accomplished a "three-peat." In baseball, there's been four times when a team has pulled off three straight title victories, and in the NHL there's been five "three-peaters."

In other words, sustained excellence is almost impossible in football — mostly because there are so many variables and so many players. Every football team has 53 men, of course, so the turnover over the course of five years, 10 years and 15 years is incredible. In New England, the turnover is also incredible — but Brady and Bill Belichick continue to have the Patriots in position to contend for a Lombardi Trophy each and every winter. Consider that just five years ago, the Patriots' leading rusher was Ben-Jarvus Green-Ellis. Their leading wide receivers were Wes Welker and Deion Branch. Their top defensive player was Jerod Mayo.

None of those players from five years ago remain on this AFC-winning roster but the Pats are right back to where they were five years ago today – heading to the Super Bowl.

The landscape in Foxboro, the landscape across the NFL, and the landscape across pro sports has changed so much since Brady and Belichick arrived here in 2000.

That year, Nomar Garciaparra was still considered the savior for the Red Sox and the manager of that team was Jimy Williams. That year, the Celtics were led by a 23-year-old Antoine Walker and a 22-year-old Paul Pierce and their head coach was some sleaze named Rick Pitino. That year, Joe Thornton led the Bruins in scoring with 60 points and the B's head coach was the late Pat Burns.

Outside of our little sports bubble, Bill Clinton was still the U.S. president and Donald Trump was still four years away from launching "The Apprentice."

Not much in the world remains the same as it was 6,126 days ago — the day Brady was the newest member of the Patriots and Belichick was just getting his feet wet as head coach. That includes the both of them, as they have grown considerably as a player and head coach over the course of 16-plus years.

These 16 unreal years will likely turn into 17 unreal years, and those 17 unreal years could very well turn into 20 unreal years before all is said and done. Unfortunately, we don't know for sure when this unprecedented run will be over, but now is a great time to appreciate it, in this lull before the Patriots' latest "big game."

Deflategate revenge tour underway

Flying under the radar this past weekend was the Indianapolis Colts firing GM Ryan Grigson, the man who ultimately started Deflategate with an email to NFL officials over two years ago.

Patriots president Jonathan Kraft took a jab at Grigson on 98.5 The Sports Hub on Sunday when asked about Grigson and the 2014 AFC title game, a game won by the Patriots, 45-7.

"That game might have been Ryan's pinnacle, I don't know," Kraft said.

The executioner of the Deflategate proceedings, NFL Commissioner Roger Goodell, will surely be hanging around Houston next week when the Patriots arrive ahead of Super Bowl LI. Expect some more subtle Deflategate jabs from Pats management.

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LEGAL NOTICES

NOTICE OF MORTGAGEE'S SALE OF REAL ESTATE

By virtue and in execution of the Power of Sale contained in a certain mortgage given by **Christine C. Croteau** to North Middlesex Savings Bank dated March 9, 2004, recorded at the Middlesex County (Southern District) Registry of Deeds in Book 42217, Page 207; of which mortgage the undersigned is the present holder for breach of conditions of said mortgage and for the purpose of foreclosing the same will be sold at PUBLIC AUCTION at 11:00 AM on **February 22, 2017**, on the mortgaged premises. This property has the address of 198 Boston Post Road East, Unit 2F, Cider Hill Condominium C, Marlborough, MA 01752. The entire mortgaged premises, all and singular, the premises as described in said mortgage:

The Unit known as 2F, at 198 Boston Road, Marlboro, Middlesex County, Massachusetts (the "Unit") within Cider Hill Condominium C (the "Condominium"), a condominium established pursuant to Massachusetts General Laws, Chapter 183A by Master Deed dated August 4, 1980, and recorded with said Deeds in Book 14031, page 541 (the "Master Deed"). The Unit is shown on the floor plans filed simultaneously with the Master Deed in said Deeds and on the copy of the portion of said plans to which s affixed the verified statement required by Section 9 of said Chapter 183A. The Unit is conveyed together with: 1. an undivided 10.19 percent interest in the Common Elements described in the Master Deed; 2. an easement for the use of the unassigned outdoor parking space; 3. the rights and obligations of membership in the Cider Hill Condominium C Association (the "Condominium Association"); 4. the rights and obligations of membership in the Cider Hill Homes Association, Inc. (the "Homes Association") 5. an easement for the continuance of all encroachments by the Unit on any adjoining units or Common Elements existing as a result of construction of the building in which the Unit is located (the "Building"), or which may come into existence hereafter as a result of settling or shifting of the Building, or as a result of repair or restoration of Building or of the Unit after damage or destruction by fire or other casualty or after taking in condemnation or eminent Common Elements made in accordance with the Master Deed and Declaration; 6. an easement in common with the owners of others Units to use any lines, pipes, wires ducts, flues, cables, conduits, public utility lines and other Common Elements located in any of the other units or elsewhere in the Condominium, and serving the Unit; 7. such other rights and easements appurtenant to the Unit as set forth in the Declaration of Covenants, Easements and Restrictions by Grantor dated and recorded with said Deeds in Book 13855, Page 650 (the" Declaration"), the Master Deed, the By-laws of the Condominium Association and the By-laws of the Homes Association (the "Documents"). The Unit is conveyed subject to: 1. The covenants, easements and restrictions contained in the Declaration, and Grantee, by its acceptance hereof, hereby covenants and agrees to pay all charges and assessments hereafter levied by the Homes Association or the Condominium Association. 2. Easements in favor of adjoining units and in favor of the Common Elements for the continuance of all encroachments of such adjoining units or Common Elements on the Unit which may come into existence hereafter as result of settling or shifting of the Building, or as a result of repair or restoration of the Building destruction by fire or other casualty or after a taking in eminent domain proceedings or by reason of an alteration or repair to the Common Elements made in accordance with the Master Deed and Declaration. 3. An easement, in favor of the other units to use the lines, pipes, wires, duct, flues, conduits, cables, public utility lines and other Common Elements located in the Unit and serving such other units. 4. Rights in favor of the owner of any other unit to use other unassigned parking space; 5. The provisions of the Declaration, the master Deed, the by-laws of the Condominium Association, the by-laws of the Home Association, and the floor plans of the Condominium recorded simultaneously with and as part of the Master Deed, as the same may be amended from time to time by an instrument duly recorded with Middlesex South Deeds, which provisions, together with any amendments thereto, shall constitute covenants running with the land and shall bind any person having at any time any interest or estate in the Unit, his family, tenants, servants and visitors, as though such provisions were recited and stipulated at length herein. The Unit may be used only for residential purposes by the owner thereof or his tenants and members of their prospective immediate families or such owner or tenant and one person unrelated by blood or marriage. Being the same premises conveyed to me by Deed dated February 20, 2004 recorded herewith in the Middlesex South Registry of Deeds.

Subject to and with the benefit of easements, reservation, restrictions, and taking of record, if any, insofar as the same are now in force and applicable. In the event of any typographical error set forth herein in the legal description of the premises, the description as set forth and contained in the mortgage shall control by reference. Together with all the improvements now or hereafter erected on the property and all easements, rights, appurtenances, rents, royalties, mineral, oil and gas rights and profits, water rights and stock and all fixtures now or hereafter a part of the property. All replacements and additions shall also be covered by this sale.

TERMS OF SALE:

Said premises will be sold subject to any and all unpaid taxes and assessments, tax sales, tax titles and other municipal liens and water or sewer liens and State or County transfer fees, if any there are, and TEN THOUSAND DOLLARS ($10,000.00) in cashier's or certified check will be required to be paid by the purchaser at the time and place of the sale as a deposit and the balance in cashier's or certified check will be due in thirty (30) days, at the offices of Doonan, Graves & Longoria, LLC, ("DG&L"), time being of the essence. The Mortgagee reserves the right to postpone the sale to a later date by public proclamation at the time and date appointed for the sale and to further postpone at any adjourned sale-date by public proclamation at the time and date appointed for the adjourned sale date. The premises is to be sold subject to and with the benefit of all easements, restrictions, leases, tenancies, and rights of possession, building and zoning laws, encumbrances, condominium liens, if any and all other claim in the nature of liens, if any there be.

In the event that the successful bidder at the foreclosure sale shall default in purchasing the within described property according to the terms of this Notice of Sale and/or the terms of the Memorandum of Sale executed at the time of foreclosure, the Mortgagee reserves the right to sell the property by foreclosure deed to the second highest bidder, providing that said second highest bidder shall deposit with the Mortgagee's attorneys, the amount of the required deposit as set forth herein. If the second highest bidder declines to purchase the within described property, the Mortgagee reserves the right to purchase the within described property at the amount bid by the second highest bidder. The foreclosure deed and the consideration paid by the successful bidder shall be held in escrow by DG&L, (hereinafter called the "Escrow Agent") until the deed shall be released from escrow to the successful bidder at the same time as the consideration is released to the Mortgagee, whereupon all obligations of the Escrow Agent shall be deemed to have been properly fulfilled and the Escrow Agent shall be discharged. Other terms, if any, to be announced at the sale.

Dated: January 17, 2017
North Middlesex Savings Bank
By its Attorney DOONAN, GRAVES & LONGORIA, LLC
100 Cummings Center
Suite 225D Beverly, MA 01915
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LEGAL NOTICES

NOTICE OF MORTGAGEE'S SALE OF REAL ESTATE

By virtue and in execution of the Power of Sale contained in a certain mortgage given by **James Drouin and Michelle Drouin** to Champion Mortgage, a Division of Keybank National Association dated September 26, 2006, recorded at the Middlesex County (Southern District) Registry of Deeds in Book 48298, Page 492; said mortgage was then assigned to Household Finance Corp II by virtue of an assignment dated February 12, 2007, and recorded in Book 49141, Page 193; and further assigned to U.S. Bank Trust, N.A., as Trustee for LSF9 Master Participation Trust by virtue of an assignment dated February 9, 2015, and recorded in Book 64956, Page 85; of which mortgage the undersigned is the present holder for breach of conditions of said mortgage and for the purpose of foreclosing the same will be sold at PUBLIC AUCTION at 10:00 AM on **February 22, 2017**, on the mortgaged premises. This property has the address of 61 Lincoln Street, Marlborough, MA 01752. The entire mortgaged premises, all and singular, the premises as described in said mortgage:

THE LAND IN MARLBOROUGH, MIDDLESEX COUNTY, MASSACHUSETTS, WITH THE BUILDINGS THEREON, SITUATED ON THE NORTHERLY SIDE OF EAST LINCOLN STREET, BOUNDED AND DESCRIBED AS FOLLOWS: BEGINNING AT THE SOUTHWESTERLY CORNER OF THE PREMISES AT SAID STREET AND AT LAND NOW OR FORMERLY OF PATRICK C. MCCARTHY AND RUNNING; THENCE NORTHERLY BY LAND OF SAID MCCARTHY, ONE HUNDRED FORTY-EIGHT AND FIVE TENTHS (148.5) FEET TO LAND NOW OR FORMERLY OF EDWARD J. LARIVIERE; THENCE EASTERLY BY LAND OF SAID LARIVIERE, FORTY-NINE (49) FEET TO LAND NOW OR FORMERLY OF ARTHUR ? O'LEARY AT ALE; THENCE SOUTHERLY BY LAND OF SAID O'LEARY, ONE HUNDRED FORTY-EIGHTY AND FIVE TENTHS (148.5) FEET TO SAID STREET; THENCE WESTERLY BY SAID STREET, FORTY-NINE (49) FEET TO THE POINT OF BEGINNING. BEING THE SAME PREMISES CONVEYED TO MARY E. CARNEY BY DEED OF ROBERT G. FRENCH, JR. AND MARY D. FRENCH DATED SEPTEMBER 3, 1985 AND RECORDED AT THE MIDDLESEX SOUTH REGISTRY OF DEEDS IN BOOK 16407, PAGE 102. ADDRESS: 61 LINCOLN ST.; MARLBOROUGH, MA 017522370 TAX MAP OR PARCEL ID NO.: 57-247

Subject to and with the benefit of easements, reservation, restrictions, and taking of record, if any, insofar as the same are now in force and applicable. In the event of any typographical error set forth herein in the legal description of the premises, the description as set forth and contained in the mortgage shall control by reference. Together with all the improvements now or hereafter erected on the property and all easements, rights, appurtenances, rents, royalties, mineral, oil and gas rights and profits, water rights and stock and all fixtures now or hereafter a part of the property. All replacements and additions shall also be covered by this sale.

TERMS OF SALE:

Said premises will be sold subject to any and all unpaid taxes and assessments, tax sales, tax titles and other municipal liens and water or sewer liens and State or County transfer fees, if any there are, and TEN THOUSAND DOLLARS ($10,000.00) in cashier's or certified check will be required to be paid by the purchaser at the time and place of the sale as a deposit and the balance in cashier's or certified check will be due in thirty (30) days, at the offices of Doonan, Graves & Longoria, LLC, ("DG&L"), time being of the essence. The Mortgagee reserves the right to postpone the sale to a later date by public proclamation at the time and date appointed for the sale and to further postpone at any adjourned sale-date by public proclamation at the time and date appointed for the adjourned sale date. The premises is to be sold subject to and with the benefit of all easements, restrictions, leases, tenancies, and rights of possession, building and zoning laws, encumbrances, condominium liens, if any and all other claim in the nature of liens, if any there be.

In the event that the successful bidder at the foreclosure sale shall default in purchasing the within described property according to the terms of this Notice of Sale and/or the terms of the Memorandum of Sale executed at the time of foreclosure, the Mortgagee reserves the right to sell the property by foreclosure deed to the second highest bidder, providing that said second highest bidder shall deposit with the Mortgagee's attorneys, the amount of the required deposit as set forth herein. If the second highest bidder declines to purchase the within described property, the Mortgagee reserves the right to purchase the within described property at the amount bid by the second highest bidder. The foreclosure deed and the consideration paid by the successful bidder shall be held in escrow by DG&L, (hereinafter called the "Escrow Agent") until the deed shall be released from escrow to the successful bidder at the same time as the consideration is released to the Mortgagee, whereupon all obligations of the Escrow Agent shall be deemed to have been properly fulfilled and the Escrow Agent shall be discharged.

Other terms, if any, to be announced at the sale.

Dated: January 17, 2017
U.S. Bank Trust, N.A.,
as Trustee for LSF9 Master Participation Trust
By its Attorney DOONAN, GRAVES & LONGORIA, LLC
100 Cummings Center Suite 225D
Beverly, MA 01915
(978) 921-2670
www.dgandl.com
53053 (DROUIN)

1/24/17, 1/31/17, 2/7/17

MORTGAGEE'S NOTICE OF SALE OF REAL ESTATE

By virtue and in execution of the Power of Sale contained in a certain Mortgage given by Patrick G Smith to Bank of America, N.A., dated September 28, 2006 and recorded with the Suffolk County Registry of Deeds at Book 40462, Page 151 subsequently assigned to Ocwen Loan Servicing, LLC by Bank of America, N.A. by assignment recorded in said Suffolk County Registry of Deeds at Book 50217, Page 48 and subsequently assigned to U.S. Bank Trust, N.A., as Trustee for LSF9 Master Participation Trust by Ocwen Loan Servicing, LLC by assignment recorded in said Suffolk County Registry of Deeds at Book 55311, Page 226; of which Mortgage the undersigned is the present holder for breach of the conditions of said Mortgage and for the purpose of foreclosing same will be sold at Public Auction at 10:00 AM on January 31, 2017 at 27 Hosmer Road, Unit 6, Boston (Mattapan), MA, all and singular the premises described in said Mortgage.

TO WIT: The Condominium Unit known as Unit 6, (hereinafter called the "Subject Unit"), of the condominium (hereinafter called the "Condominium"), known as the 27 Hosmer Street Condominium established by Master Deed dated February 9th, 2006 recorded on the same date thereof at the Suffolk County Registry of Deeds in Book 39007 at Page 152 (hereinafter called the "Master Deed"). The post office address of the Condominium is 27 Hosmer Street Mattapan, Suffolk County, Massachusetts 02126. The land is described in said Master Deed. The Deed, the Subject Unit and the Condominium are subject to the provisions of Massachusetts General Laws, Chapter 183A ("Condominiums"). The Subject Unit is shown on the Master Plan of the Condominium filed in the Suffolk County Registry of Deeds, and the verified statement of a registered architect in the form required by Massachusetts General Laws, Chapter 183A, Section 8 and 9, that is affixed to said Master Plans and Unit Plan (hereinafter collectively referred to as the "Plans"). The Subject Unit is hereby conveyed together with: 1. An undivided sixteen and sixty seven hundreds percent (16.67%) interest in the common areas and facilities of the Condominium described in the Master Deed appertaining to the Subject Unit; 2. An easement to the Subject Unit, its appended Porch at the rear of the Building for the exclusive use of said Unit 6 as shown on the Plans referred to in the Master Deed; 3. An easement to the Subject Unit, for the exclusive use of designated storage space 3, as shown on the Plans referred to in the Master Deed; 4. An easement for the continuance of all encroachments by the Subject Unit on the adjoining units or on the common areas and facilities existing as a result of construction of the Building, or that may come into existence hereafter as a result of: (a) settling of the Building; or (b) condemnation or eminent domain proceedings, or (c) alteration or repair of the common areas and facilities or any part thereof made pursuant to the provisions of the Master Deed as the same may be from time to time amended, or the provisions of the Declaration of Trust of the 27 Hosmer Street Condominium Trust as the same may be from time to time amended; or (d) repair or restoration of the Building or any Unit therein after damage by fire or other casualty; and 5. An easement to use all pipes, wires, flues, ducts, conduits, plumbing lines and other portions of the common areas and facilities located in the other units and serving the Subject Unit. The Subject Unit is hereby conveyed subject to: 1. Easements in favor of the adjoining units and in favor of the common areas and facilities for the continuance of all encroachments of the adjoining units or common areas and facilities on the Subject Unit existing as a result of construction of the Building or that may come into existence hereafter as a result of: (a) settling of the Building; or (b) condemnation or eminent domain proceedings; or (c) alteration or repair of the common areas and facilities or any part thereof made pursuant to the provisions of the Master Deed as the same may be from time to time amended, or the provisions of the Declaration of Trust of the 27 Hosmer Street Condominium Trust as the same may be from time to time amended, or 2. The repair or restoration of the Building or any unit therein after damage by fire or other casualty 3. An easement in favor of the Owners of other units to use all pipes, wires, flues, ducts, conduits, plumbing lines and other portions of the common areas and facilities located in the Subject Unit and serving the other units. 4. The provisions of the Master Plan of the Condominium recorded simultaneously with and as part of the Master Deed, and the provisions of the Declaration of Trust of the 27 Hosmer Street Condominium Trust and at any time interest or estate in the Subject Unit, its appended porch and storage space, including his or her family, tenants, servants, visitors and occupants, as though such provisions were recited and stipulated at length herein; 5. Easements, rights, obligations provisions, agreements, restrictions, building line limitation, zoning regulations, public utility and telephone easements, easements in favor of the Declarant of the Master Deed, and all other matters set forth or referred to in the Master Deed; and 6. The provisions of Massachusetts General Laws, Chapter 183A ("Condominiums"). For title reference, see Deed of Ernestina Wolcott to Maurice Gannon Trustee of the 27 Hosmer Street Realty Trust dated March 29 2004 and recorded on March 30, 2004 with Suffolk Registry of Deeds at Book 34114, Page 056. The Subject Unit is intended only for residential use by not more than one family unit; nor more than two unrelated persons, provided, however, that the Subject Unit may also be used as an office and/or artist's studio, but (i) only accessory to such residential use; (ii) only if and to the extent such accessory office and/or artist's studio use is permitted by the applicable zoning laws; and (iii) only in accordance with the restrictions on such office and/or artist's studio use set forth in the Bylaws of the 27 Hosmer Street Condominium Trust and the Bylaws thereto, as the same may from time to time be amended. The Subject Unit shall not be used or maintained in a manner inconsistent with the provisions of the Master Deed, or of this Unit Deed, or the 27 Hosmer Street Condominium Trust and the Bylaws and rules and regulations thereto, as the same may from time to time be amended. Being the same premises conveyed to the herein named mortgagor (s) by deed recorded with Suffolk County Registry of Deeds herewith.

The premises are to be sold subject to and with the benefit of all easements, restrictions, building and zoning laws, liens, attorney's fees and costs pursuant to MI G.L Ch 183A, unpaid taxes, tax titles, water bills, municipal liens and assessments, rights of tenants and parties in possession.

TERMS OF SALE: A deposit of FIVE THOUSAND DOLLARS AND 00 CENTS ($5,000.00) in the form of a certified check, bank treasurer's check or money order will be required to be delivered at or before the time the bid is offered. The successful bidder will be required to execute a Foreclosure Sale Agreement immediately after the close of the bidding. The balance of the purchase price shall be paid within thirty (30) days from the sale date in the form of a certified check, bank treasurer's check or other check satisfactory to Mortgagee's attorney. The Mortgagee reserves the right to bid at the sale, to reject any and all bids, to continue the sale and to amend the terms of the sale by written or oral announcement made before or during the foreclosure sale. If the sale is set aside for any reason, the Purchaser at the sale shall be entitled only to a return of the deposit paid. The purchaser shall have no further recourse against the Mortgagor, the Mortgagee or the Mortgagee's attorney. The description of the premises contained in said mortgage shall control in the event of an error in this publication. **TIME WILL BE OF THE ESSENCE.**

Other terms if any, to be announced at the sale.

U.S. Bank Trust, N.A., as Trustee for
LSF9 Master Participation Trust
Present Holder of said Mortgage,
By Its Attorneys, ORLANS MORAN PLLC
PO Box 540540, Waltham, MA 02454
Phone: (781) 790-7800 • 14-017704

January 10, 2017, January 17, 2017 and January 24, 2017

NOTICE OF MORTGAGEE'S SALE OF REAL ESTATE

By virtue and in execution of the Power of Sale contained in a certain mortgage given by **Christopher J. Delaney, Claire D. Delaney** to Mortgage Electronic Registration Systems, Inc. as nominee for Mortgage Lenders Network USA, Inc. dated November 17, 2006, recorded at the Middlesex County (Southern District) Registry of Deeds in Book 48544, Page 369; said mortgage was then assigned to Merrill Lynch Mortgage Lending, Inc. by virtue of an assignment dated May 15, 2009, and recorded in Book 53722, Page 580; and further assigned to Deutsche Bank National Trust Company as Trustee for the MLMI Trust Series 2007-MLN1 by virtue of an assignment dated May 15, 2009, and recorded in Book 53722, Page 581; of which mortgage the undersigned is the present holder for breach of conditions of said mortgage and for the purpose of foreclosing the same will be sold at PUBLIC AUCTION at 12:00 PM on **February 22, 2017**, on the mortgaged premises. This property has the address of 6 Everett Circle, Hopkinton, MA 01748. The entire mortgaged premises, all and singular, the premises as described in said mortgage:

That certain parcel of land with all improvements thereon, shown as Lot 16, Everett Circle, Hopkinton, Middlesex County, Massachusetts, on that certain plan entitled: "Emerald Hills East, Open Space and Landscape Preservation and Development, Hopkinton, MA. Definitive Subdivision of Land" by Harry R. Feldman, Inc., dated June 24, 1996 and revised through March 6, 1997, recorded with the Middlesex Registry as Plan No. 499 of 1997, at Book 27317, Page 30 through 44. The mortgagor(s) expressly reserve my/our rights of Homestead and do not wish to terminate my/our Homestead by granting the within conveyance notwithstanding my/our waiver of such homestead in paragraph 24 of the within mortgage. However, the mortgagor(s) herein hereby expressly subordinate any and all such Homestead rights to the foregoing mortgage. Together with the right to pass and re-pass over the ways shown on said Plan as may be consistent with town ways in the Town of Hopkinton. Meaning and intending to convey and hereby conveying the same premises conveyed to me/us by deed dated 04/16/2002 and recorded with Middlesex South Registry of Deeds in Book 35319, Page 84.

Subject to and with the benefit of easements, reservation, restrictions, and taking of record, if any, insofar as the same are now in force and applicable. In the event of any typographical error set forth herein in the legal description of the premises, the description as set forth and contained in the mortgage shall control by reference. Together with all the improvements now or hereafter erected on the property and all easements, rights, appurtenances, rents, royalties, mineral, oil and gas rights and profits, water rights and stock and all fixtures now or hereafter a part of the property. All replacements and additions shall also be covered by this sale.

Terms of Sale: Said premises will be sold subject to any and all unpaid taxes and assessments, tax sales, tax titles and other municipal liens and water or sewer liens and State or County transfer fees, if any there are, and TEN THOUSAND DOLLARS ($10,000.00) in cashier's or certified check will be required to be paid by the purchaser at the time and place of the sale as a deposit and the balance in cashier's or certified check will be due in thirty (30) days, at the offices of Doonan, Graves & Longoria, LLC, ("DG&L"), time being of the essence. The Mortgagee reserves the right to postpone the sale to a later date by public proclamation at the time and date appointed for the sale and to further postpone at any adjourned sale-date by public proclamation at the time and date appointed for the adjourned sale date. The premises is to be sold subject to and with the benefit of all easements, restrictions, leases, tenancies, and rights of possession, building and zoning laws, encumbrances, condominium liens, if any and all other claim in the nature of liens, if any there be.

In the event that the successful bidder at the foreclosure sale shall default in purchasing the within described property according to the terms of this Notice of Sale and/or the terms of the Memorandum of Sale executed at the time of foreclosure, the Mortgagee reserves the right to sell the property by foreclosure deed to the second highest bidder, providing that said second highest bidder shall deposit with the Mortgagee's attorneys, the amount of the required deposit as set forth herein. If the second highest bidder declines to purchase the within described property, the Mortgagee reserves the right to purchase the within described property at the amount bid by the second highest bidder. The foreclosure deed and the consideration paid by the successful bidder shall be held in escrow by DG&L, (hereinafter called the "Escrow Agent") until the deed shall be released from escrow to the successful bidder at the same time as the consideration is released to the Mortgagee, whereupon all obligations of the Escrow Agent shall be deemed to have been properly fulfilled and the Escrow Agent shall be discharged. Other terms, if any, to be announced at the sale.

Dated: January 17, 2017
Deutsche Bank National Trust Company
as Trustee for Merrill Lynch Mortgage Investors Trust,
Mortgage Loan Asset-Backed Certificates, Series 2007-MLN1
By its Attorney DOONAN, GRAVES & LONGORIA, LLC
100 Cummings Center, Suite 225D Beverly, MA 01915
(978) 921-2670 • www.dgandl.com
25509.91 (DELANEY)

1/24/17, 1/31/17, 2/7/17

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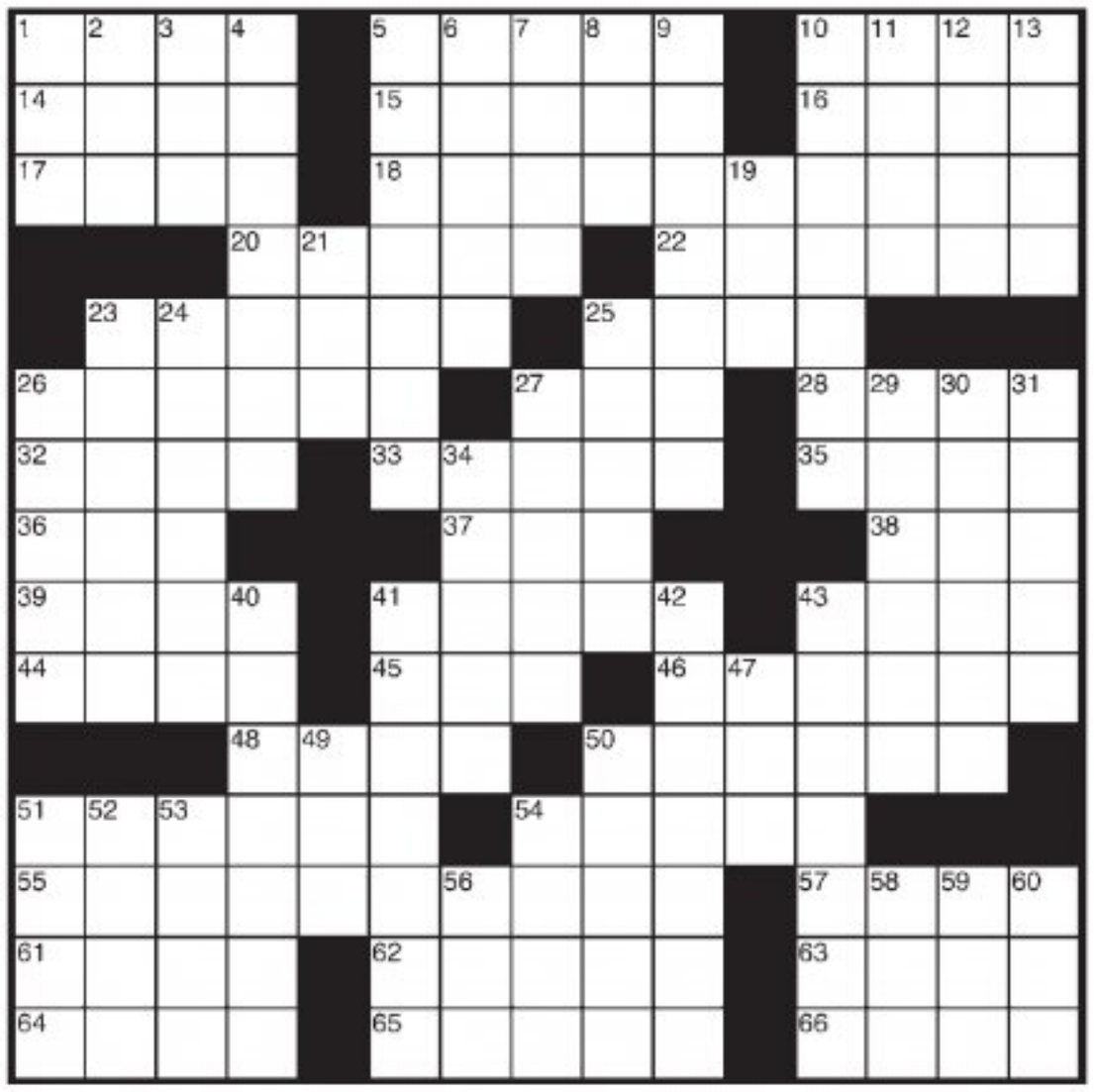
Across
1 Hunter's wear
5 Speeder's bane
10 Actor -- Guinness
14 TV host -- Trebek
15 Uniform color
16 Quote
17 Antony or Chagall
18 Tip-to-tip measure
20 Staff members
22 Horse
23 Game fish
25 Cargo space
26 Fairy tale locale
27 1865 yielder
28 "-- -- Old Cowhand"
32 Whisper loudly
33 Rushes
35 Irene of "Fame"
36 Sporty truck
37 U.K. country
38 Speaker pro --
39 Joker or ace
41 Decree
43 Fish-eating flier
44 Lightweight toy
45 A thousand G's
46 Not in the country
48 Unattach
50 Globe features
51 More than one
54 Operates a ferry
55 Right-triangle side
57 In that case (2 wds.)
61 Bearded flower
62 Pounds the keys
63 XII, on a sundial
64 Advanced, as cash
65 Barely enough
66 Firms up

Down
1 Engine part
2 Menu term (2 wds.)
3 Debussy subject
4 Farm vehicles
5 More noisy
6 Non-earthling
7 Rackets
8 Dow Jones fig.
9 Saves from disaster
10 Plastic
11 "Instead of" word
12 Depot info
13 Yield, as territory
19 Chum
21 Not up to snuff
23 Rum drink (2 wds.)
24 State boldly
25 Beat around the bush
26 Norris or Berry
27 Tennis great Ivan --
29 She runs the house
30 Rock concert venues
31 Titled
34 Hair-raising
40 Thaw
41 Brunch favorites
42 Most suggestive
43 VCR function
47 Honey maker
49 Wharf denizen
50 Ole of "Hellzapoppin'"
51 Noted groundhog
52 Harp kin
53 Go -- -- smoke
54 Cocoon dweller
56 Wall St. locale
58 Hostile party
59 Our sun
60 Add- -- (extras)



metro.us/sudoku

easy

3	9		6				5	
		1					4	
		6		3	8			1
		4	2	8		1		
5				1				3
		8		5	3	4		
2			3	9		8		
	7					5		
	8				5		6	2

hard

	2	9		6		7	3	
			5				8	
		8		9		1		
	8	2	3			9		
	1						4	
		4			7	6	2	
		5		1		3		
	4				5			
	6	1		2		8	5	

metro.us/horoscopes

Aries Observation and experimentation can be great teachers. Live and learn without venturing too far from home. Problems while traveling can be expected.

Taurus Use the information you collect to help you make personal gains. Be cautious when dealing with institutions and government agencies.

Gemini Anger is best contained. You may not like what others do, but it's in your best interest to bide your time. Concentrate on personal growth and positive interaction.

Cancer Don't be tempted to alter your lifestyle just because someone else does. Do what makes the most sense and brings you the most joy. Romance are encouraged.

Leo Don't let anger or disappointment take charge. You need to control your temper and focus on taking action instead of wasting time in arguments.

Virgo Sign up for an event or network with people in your industry. It's important to keep up with the most recent trends. Your charm will capture attention.

Libra Sudden and unexpected changes will take you by surprise. Be careful how you handle domestic and partnership situations that can influence your security.

Scorpio Explore your creative ideas and test your theories. A physical change will help you distance yourself from someone who has a negative influence on your life.

Sagittarius Don't take risks that can hurt you emotionally, physically or financially. Express your thoughts and gain approval in order to make a transition easier for you.

Capricorn Don't be fooled by what others do or say. Follow your heart and your plans. Refuse to let unexpected changes lead you astray.

Aquarius You can make a difference if you bypass negative people. Stay focused on bringing about positive change and making new beginnings.

Pisces Good intentions will not be enough if you don't follow through with your plans. Money will slip through your fingers. Don't take on a financial burden. EUGENIA LAST

Yesterday's answers

	M	H	O		R	I	C	C	I		W	E	D	
B	E	A	T		A	C	O	R	N		O	P	A	L
O	M	I	T		R	E	D	I	D		L	E	N	A
B	O	R	O	D	I	N		B	U	F	F	E	T	S
			M	O	T	I	F		C	R	I	S	E	S
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A	T	O	N	E		A	L	E	E		G	O	T	H
D	E	N		E	B	B	T	I	D	E		K	E	A
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S	A	L	E		R	O	U	N	D		N	E	E	D
	B	E	D		S	W	I	G	S		S	L	Y	

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